

## CLAIM AMENDMENTS

1. (Currently Amended) A portable and foldable exercise apparatus comprising:
  - a. at least one removable, horizontal user gripping bar for supporting at least portion of the force generated by a user during exercise;
  - b. a vertical frame capable of supporting at least portion of the force generated by a user during exercise comprising
    - i. a free-standing generally rectangular shaped vertical rear support wall frame and
    - ii. at least one pair of generally rectangular shaped vertical side support frames pivotally attached to said rear support wall frame to be in an open U-shaped position for use or a closed and compact folded position for storage; and
  - c. at least one user support base having opposing sides and opposing ends and capable of supporting at least a portion of the force generated by a user during exercise, each user gripping bar being removably attached to each of said pairs of vertical side support frames; and  
said opposing sides of said user base being removably attached to each of said pairs of vertical side support frames and one end of each user base abutting said vertical rear support wall frame.
2. (Original) A portable exercise apparatus as recited in claim 1 wherein said apparatus further comprises:  
at least one pair of stabilizing legs.
3. (Original) A portable exercise apparatus as recited in claim 1 wherein said apparatus comprises first and second pairs of vertical side support frames and said rear support frame having a first and a second side, and said first pair of vertical side support frames pivotally attached to said first side of said rear support frame and said second pair of vertical side support frames pivotally attached to said second side of said rear support frame.
4. (Original) A portable exercise apparatus as recited in claim 1 wherein said apparatus further comprises:  
each of said user gripping bar being vertically adjustable at a plurality of discrete vertical positions.
5. (Original) A portable exercise apparatus as recited in claim 1 wherein said apparatus further comprises:  
at least one support base extension removably attached to said opposing end of said user base.